

MENTAL HEALTH DURING & AFTER PREGNANCY ACTION PLAN

What is your biggest worry about depression or anxiety?

What is most important to you about depression or anxiety?

Choices I would like to try to help improve my mood and reduce depression or anxiety:

- ☐ Practice healthy habits and self-care
- ☐ Keep track of how I feel (“watchful waiting” to see if symptoms get better or worse in 2 weeks or less)
- ☐ Talk with a counselor or therapist
- ☐ Take medicine and follow my provider’s directions

In the next two weeks, my goal will be to: _____

To achieve this, I will [list next steps]:

This is important to me because:

Some things that may stop me from completing my goal are:

If this happens, I will:

People I can call or talk to for help:

How sure are you that you can follow this plan?

- ☐ Very Sure ☐ Sure ☐ Somewhat Sure ☐ Not Sure at All

MY CARE TEAM

OB Provider:

Home Visitor: